**RUGBY CODES RESEARCH GROUP – MEMBER**

**Francesco S. Sella**

# PhD Candidate,

University of Waikato Adams Centre for High Performance

**Research specialisation:** Women’s rugby, rugby sevens, strength and conditioning.

**Experience:** Strength and conditioning coach in rugby sevens and rugby union (Black Ferns Sevens, Bay of Plenty Rugby Union).

## Research overview:

His PhD project is investigating methods to maximise physical performance in female rugby athletes.

**Postgraduate supervision:** One Masters thesis student to completion (Universitá degli Studi di Milano, Milano, Italy).

## Research publications:

Sella FS, McMaster DT, Beaven CM, Gill ND, Hébert-Losier K. Match demands, anthropometric characteristics, and physical qualities of female rugby sevens athletes: A systematic review. *The Journal of Strength and Conditioning Research*. Accepted for publication, July 2019.

Sella FS, McMaster DT, Serpiello FR, La Torre A. Match analysis in rugby union: Performance indicators of Rugby Championship and Super Rugby teams. *The Journal of Sports Medicine and Physical Fitness*, 59: 1306-1310, 2019.

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